

DINNERLY



Feed A Crowd: Mexican Bean Quesadillas

Same Meal Price, More Servings!



35 minutes



2 Servings

Want extra bang for your buck? Serve up more with our Feed A Crowd recipes. We've added more hearty ingredients like filling carbs and veggies to satisfy hungry tummies. If you're on a 2-person plan, these recipes make 4 portions; on a 4-person plan, they make 8 portions.

WHAT WE SEND

- 2 red capsicums
- 300g corn kernels
- 400g kidney beans
- 10g Mexican spice blend ¹⁷
- 100g baby spinach leaves
- 2 x 6 flour tortillas ¹
- 100g feta ⁷

WHAT YOU NEED

- 2 garlic cloves
- 1 tsp sugar
- 1 tbs olive oil
- olive oil spray (optional)
- 2 tbs mayonnaise (optional) ³

TOOLS

- 2 large oven trays
- baking paper
- large deep frypan

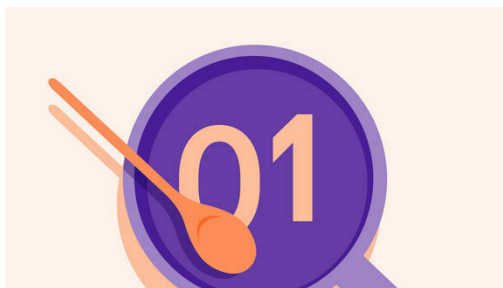
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Milk (7), Sulphites (17).
May contain traces of other allergens.

NUTRITION PER SERVING

Energy 535kcal, Fat 24.2g, Carbs 56.1g,
Proteins 18.6g



1. Prep ingredients

Preheat the oven to 220C. Line 2 large oven trays with baking paper. Thinly slice the **capsicums**. Crush or finely chop **2 garlic cloves**. Drain and rinse the **corn**. Drain and rinse the **beans**.



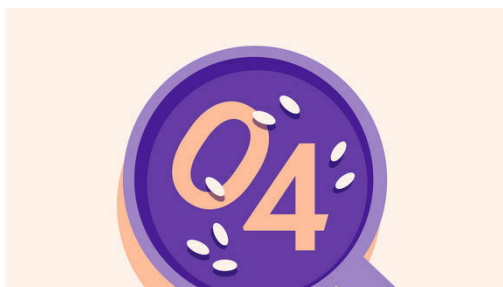
2. Cook filling

Combine the **Mexican spice blend** (see Feed A Crowd), **1 tsp sugar** and **1 tbs hot water** in a bowl. Heat **1 tbs olive oil** in a large deep frypan over medium heat. Cook the **capsicum**, stirring occasionally, for 5-6 mins until softened. Add the **spice mixture**, **corn**, **beans** and **garlic** and cook, stirring and slightly mashing the beans, for 2 mins.



3. Make quesadillas

Transfer the **bean mixture** to a large bowl. Add the **spinach** and stir until the spinach is wilted. Taste, then season with **salt and pepper**. Divide the bean mixture among the **tortillas**, then crumble over the **feta**. Fold the tortillas over to enclose the filling, then press together firmly.



4. Bake quesadillas

Put the **quesadillas** on the lined trays and lightly spray or brush with **olive oil**. Bake the quesadillas, swapping the trays halfway, for 10-12 mins until golden and crisp.



5. Serve up

Divide the **quesadillas** among plates and serve with **mayonnaise**, if using. Enjoy!



6. Feed A Crowd

Our Mexican spice blend has a chilli kick, so reduce the amount if you have little ones or if you aren't a fan of too much heat.